



# NeuroHealth Center

Pneumasomatic Care™ ... Integrating Body and Spirit

## What is Neurofeedback?

Neurofeedback is a method for mapping the brain and balancing brainwave activity. It retrains your brain and empowers you to optimize your behavioral choices and physical performance. Neurofeedback increases your cognitive acuity and mental resiliency. It encourages you to embrace your sensory world and your emotional flexibility. Neurofeedback connects you with the spiritual core of who you are and what you need.

## What is Neurofeedback Training?

Neurofeedback Training requires 10 hours of training in one-hour sessions. Before your first session you will meet with your trainer and be asked to complete an Intake Survey and provide a Health History. During your sessions,

1. You will be settled comfortably and safely into a quiet environment.
2. You will talk with a therapist to assess your needs and report your progress.
3. You will be attached to scalp sensors designed to pick up your brain waves and translate them into electroencephalographic waveforms through a multimedia computer display. Each waveform corresponds to a distinctive aspect of brain activity so that survival patterns such as fight, flight or freeze can be equalized, resulting in life-giving patterns such as freedom. You will listen to music targeted to your distinctive brain waves so that your circadian rhythm returns to a healthy cycle.
4. You will talk again with your trainer to evaluate your experience and to clarify any brain-gym exercises needed to prepare you for your next session.

## Who Benefits from Neurofeedback Training?

- Adults, teenagers and children who suffer from pain, distress or trauma
- People who want to boost creativity, intuition and resiliency
- Students who want to optimize executive-mental functions such as memory, comprehension and testing scores
- Athletes who want to achieve peak performance
- Families or organizations who want to increase relational and communication skills

## When is Neurofeedback Training effective?

- ✓ Physical pain: headaches, stomach aches, muscle aches
- ✓ Emotional turmoil: depression, grief, worry/anxiety/fear, annoyance/anger/rage
- ✓ Mental anguish: concussions, nightmares, memory loss, foggy thinking, cognitive impairment
- ✓ Behavioral difficulties: insomnia, cravings, eating disorders, PTSD, ADD
- ✓ Spiritual distress: alienation, isolation, terror, despair, hopelessness

## Is Neurofeedback Training right for me?

Sometimes experiences push you beyond your capacity to think or understand. What you may feel is a lack of energy or confusion. Neurofeedback Training is right for you, if you have ever said,

- I am exhausted ... tired!
- I am overwhelmed!
- I want to run away!
- I want to hide!
- I feel isolated!
- I am anxious!
- I am depressed!
- I want to give up!
- I want to \_\_\_\_\_
- I feel trapped!
- I am stuck!
- I am so alone!
- I am \_\_\_\_\_
- I forget things
- I feel empty!

Oftentimes relationships trigger behaviors that are not healthy for you or another person. What you may undergo is a vicious cycle of survival strategies: fight, flight or freeze. Neurofeedback Training is right for you, if, when conflict arises, you

1. Escalate: annoyance, resentment, anger, or rage; explosive or destructive behaviors
2. Withdraw: sadness, misery, grief or depression; isolative or alienating behaviors
3. Mind-read: worry, anxiety, shame or fear; obsessive/compulsive, addictive or phobic behaviors

Other times performance is not at its peak. What you may realize is that you are not achieving or living up to your potential. Neurofeedback Training is right for you if mental images and words trigger limitations and physical symptoms.

- Images: reoccurring flashbacks or pictures from your past experiences
- Words: continuous self-defeating phrases from your internal dialogue

## How do I learn more about Neurofeedback Training?

- Call Dr. Jo Anne Grace at 970-404-0627 or Contact her at [neurohealthcentercolorado@gmail.com](mailto:neurohealthcentercolorado@gmail.com).
- You are welcome to go on-line and google neurofeedback for more general information.